

Introductory Psychology Lectures



A series of PowerPoint lectures to accompany the introductory psychology textbooks offered by Worth publishers

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Therapy: Methods and Evaluation

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Today's Lecture

⌘ Types of Psychotherapy

- ☐ **psychodynamic**

- ☐ **humanistic**

- ☐ **cognitive**

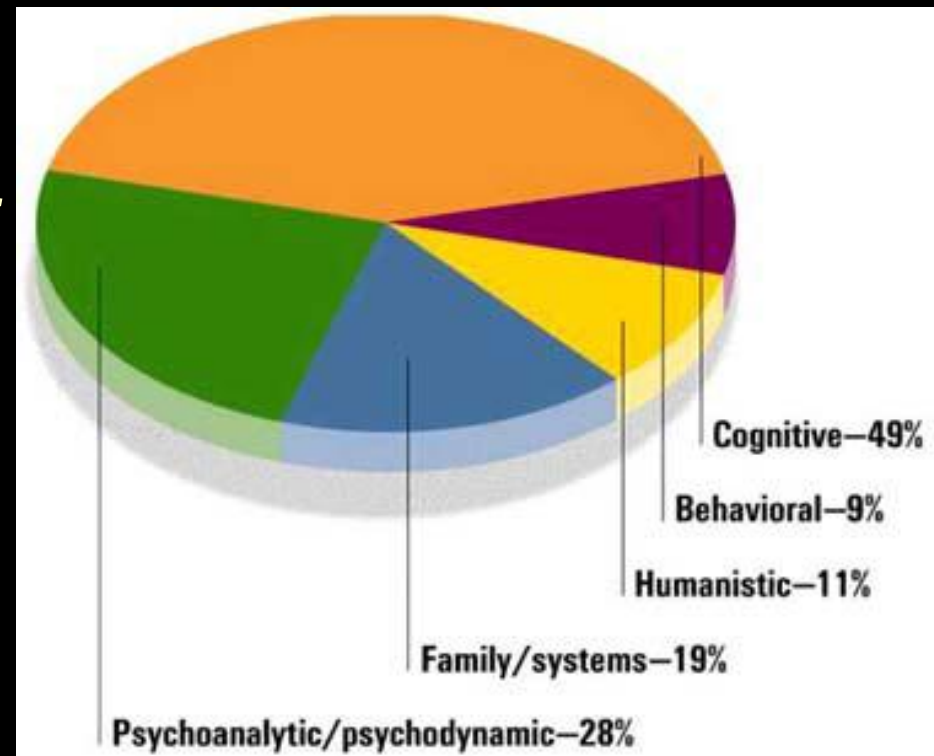
- ☐ **behavior**

- ☐ **group**

⌘ Evaluating Psychotherapies

Varieties of psychotherapy

- ⌘ Many different theories of approach to mental problems
- ⌘ 400 different forms of psychotherapy have appeared
- ⌘ Most common
 - ☒ psychodynamic
 - ☒ humanistic
 - ☒ behavioral
 - ☒ cognitive



Psychodynamic Therapy

- ⌘ **Freud**
- ⌘ **Psychological problems result from inner mental conflicts**
- ⌘ **Must make these conflicts conscious**
- ⌘ **Unconscious wishes**
- ⌘ **Repressed memories**
- ⌘ **Predisposing & precipitating experiences**



Techniques in psychoanalysis

⌘ Free association

- ▣ patient relaxes and reports everything that comes to mind

⌘ Dream analysis

- ▣ latent content
- ▣ manifest content
- ▣ Freudian symbols

⌘ Mistakes

- ▣ slips of the tongue

Resistance & Transference

⌘ Resistance

- ☒ unconscious material causes anxiety
- ☒ patients resist attempts to bring unconscious into conscious
- ☒ “forgetting”
- ☒ refusing to discuss certain topics

⌘ Transference

- ☒ patient’s unconscious feelings about person in their life experienced as feelings toward therapist

Insight & Cure



- ⌘ **Analyst's job is to make inferences about patient's unconscious conflicts**
- ⌘ **Once patient experiences them consciously, can modify or express them**
- ⌘ **Patient must accept insights of therapist**
- ⌘ **Analyst leads patient to insight so patient comes to insight themselves**

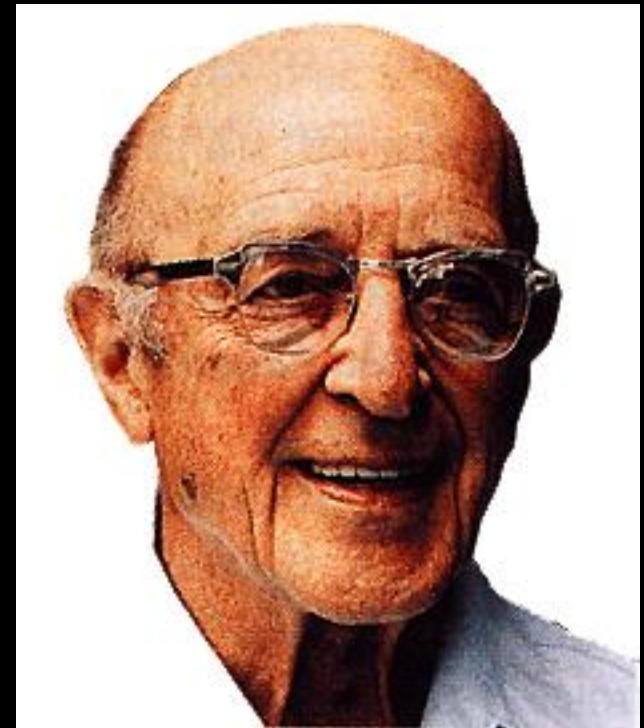
Humanistic Therapy

- ⌘ **Emphasis on inner potential for positive growth**
- ⌘ **Similarity to psychodynamic**
 - ☐ **help clients become more aware of inner feelings & desires**
- ⌘ **Differences from psychodynamic**
 - ☐ **inner feelings & desires are seen as positive & life-promoting**
 - ☐ **main goal is to help client take control of own life**

Carl Rogers

⌘ Client-centered therapy

- ☑ focus on thoughts, abilities, cleverness of client
- ☑ not focused on insights of therapist
- ☑ therapist as a sounding board for client's thoughts



Concepts of client-centered therapy

⌘ **Problems caused by denial of own feelings & distrust of ability to make decisions**

⌘ **Empathy**

☐ **attempt to comprehend feelings from client's point of view**

☐ **use of reflection**

⌘ **Unconditional positive regard**

☐ **client is worthy & capable no matter what client does or says**

☐ **creates safe, nonjudgmental atmosphere**

⌘ **Genuineness**

Cognitive therapy

⌘ **People disturb themselves with their own thoughts**

⌘ **Goals of cognitive therapy**

☑ **identify maladaptive ways of thinking**

☑ **replace these with adaptive ways**

⌘ **Similarity to humanistic**

☑ **focus on conscious mental experience**

⌘ **Differences from humanistic**

☑ **problem-centered rather than client-centered**

☑ **relationship is more directive**

Ellis' Rational-Emotive Therapy

⌘ **Albert Ellis**

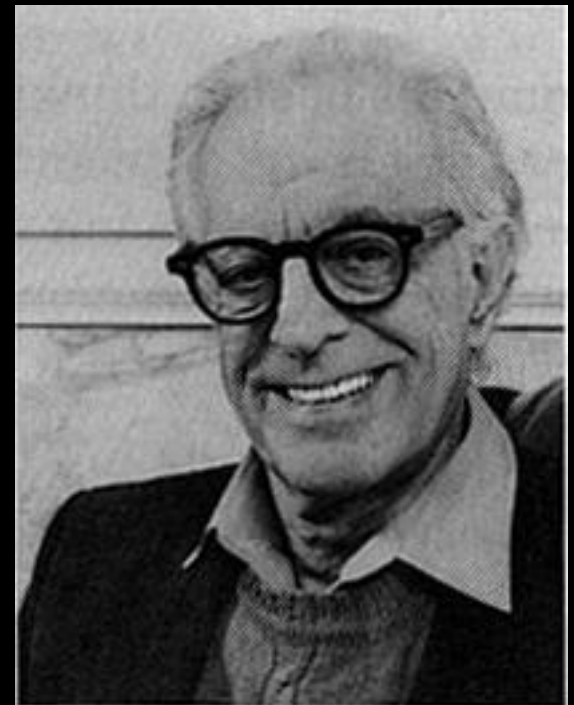
⌘ **Negative emotions arise from people's irrational interpretations of experiences**

⌘ **Musterbations**

⌘ **irrational belief that you must do or have something**

⌘ **Awfulizing**

⌘ **mental exaggeration of setbacks**



Ellis' ABC theory of emotions

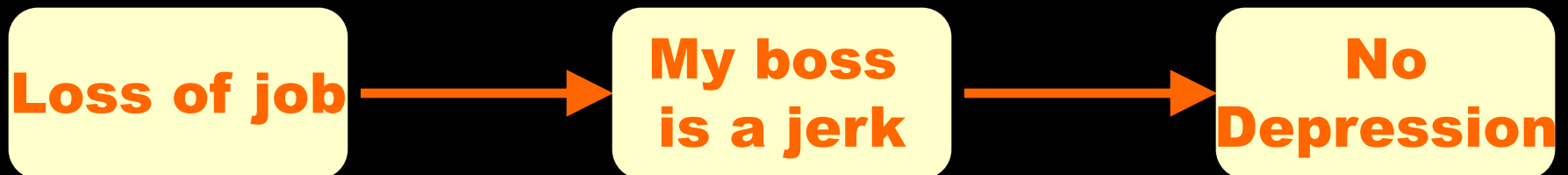
⌘ **A = activating event in the environment**

B = belief triggered in client's mind by event

C = emotional consequence of the belief



Healthy Pattern



Beck's Cognitive Therapy

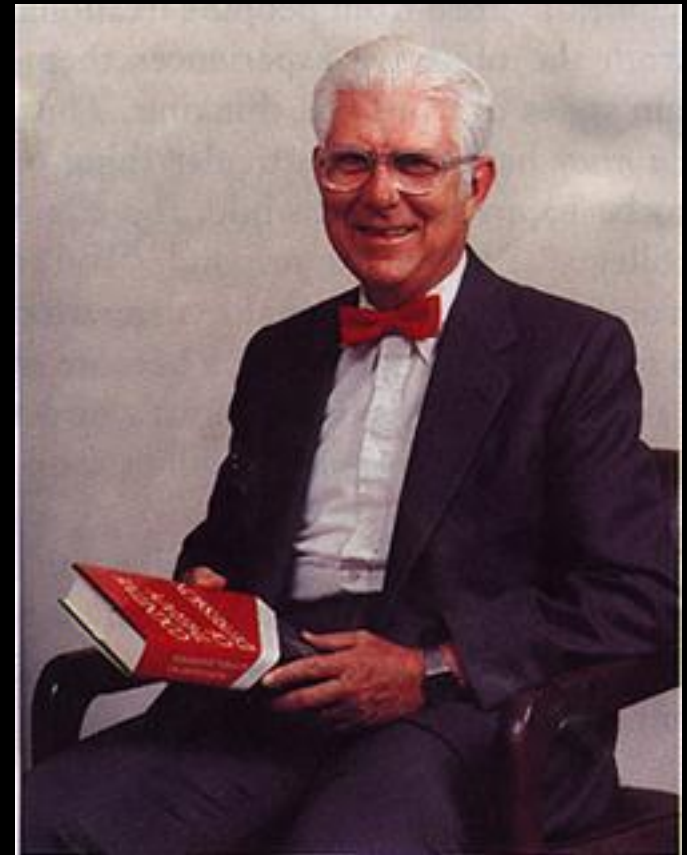
⌘ Treatment of depression

⌘ Depressed people

☒ distort experiences & maintain negative views of themselves, the world, their future

☒ minimize positive & maximize negative experiences

☒ misattribute negative experiences to own deficiencies



Behavior Therapy



- ⌘ **Concentrate on observable stimuli & responses**
- ⌘ **Consider mental events as “covert” responses**
- ⌘ **Most behaviorist therapists now practice cognitive-behavior therapy**
 - ☐ **combination of cognitive & behavioral principles used**

Exposure Treatments

⌘ **Used for phobia treatment**

⌘ **Systematic desensitization**

- ☒ **train client in muscle relaxation**

- ☒ **then combine imagery of feared object with relaxation**

- ☒ **use increasingly frightening scenes**

- ☒ **highly effective for treating phobias**

⌘ **Flooding**

- ☒ **expose person to feared stimulus and allow them to experience accompanying fear**

- ☒ **Fear gradually declines & disappears**

Aversion Treatment

⌘ Used for bad habits

- ☒ drinking

- ☒ smoking

- ☒ gambling

⌘ Use of operant conditioning principles

- ☒ painful or unpleasant stimulus follows the unwanted behavior

⌘ Example

- ☒ Antabuse for alcohol usage

⌘ Controversial treatment

⌘ Limited generalizability of results

Other Behavioral Techniques

⌘ Token economies

- ☒ exchange system

- ☒ often used in inpatient treatment

⌘ Contingency contracts

- ☒ formal written agreement

⌘ Assertiveness & social skills training

⌘ Modeling

- ☒ therapist models adaptive behaviors for client

Group Therapy



⌘ Psychodynamic

- ☐ interactions among group members provide clues to hidden motives
- ☐ gain insight into how unconscious affects relations with others

⌘ Humanistic

- ☐ members gain opportunity to express selves honestly

⌘ Cognitive & Behavioral

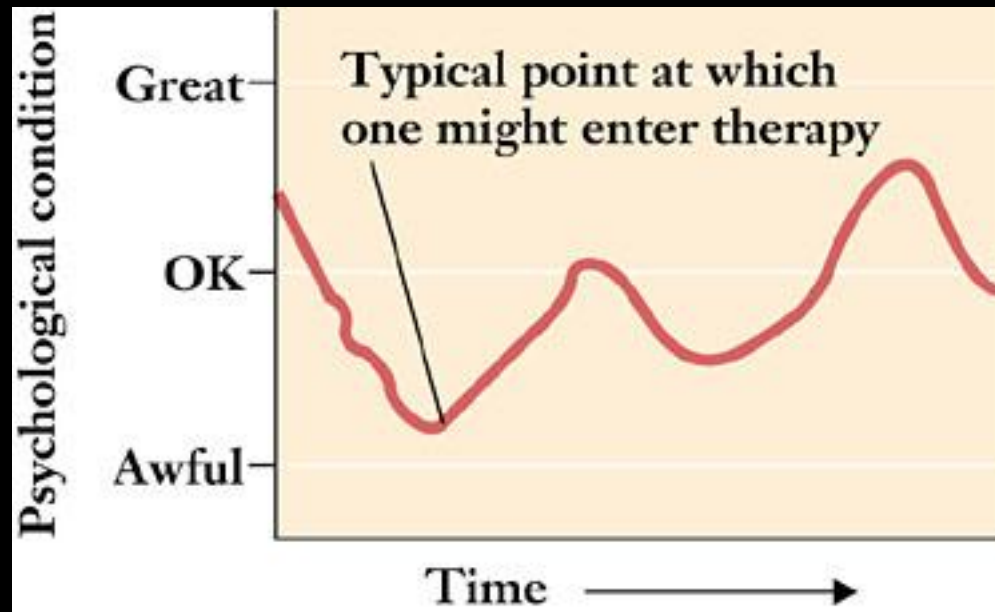
- ☐ clients can practice new skills, new ways of thinking

Couple & Family Therapy

- ⌘ **Problem not in individual but interaction between individuals**
- ⌘ **Family therapy**
 - ☐ **see whole family together, observe interactions**
 - ☐ **help members gain perspective**
- ⌘ **Family systems perspective**
 - ☐ **each person accommodates to the family**
 - ☐ **fix family problems by offering insight into how each affects others**
- ⌘ **Intergenerational approach**
 - ☐ **considers influence of previous generations**

Does therapy work?

- ⌘ People report feeling better after therapy
- ⌘ Maybe they would have gotten better anyway

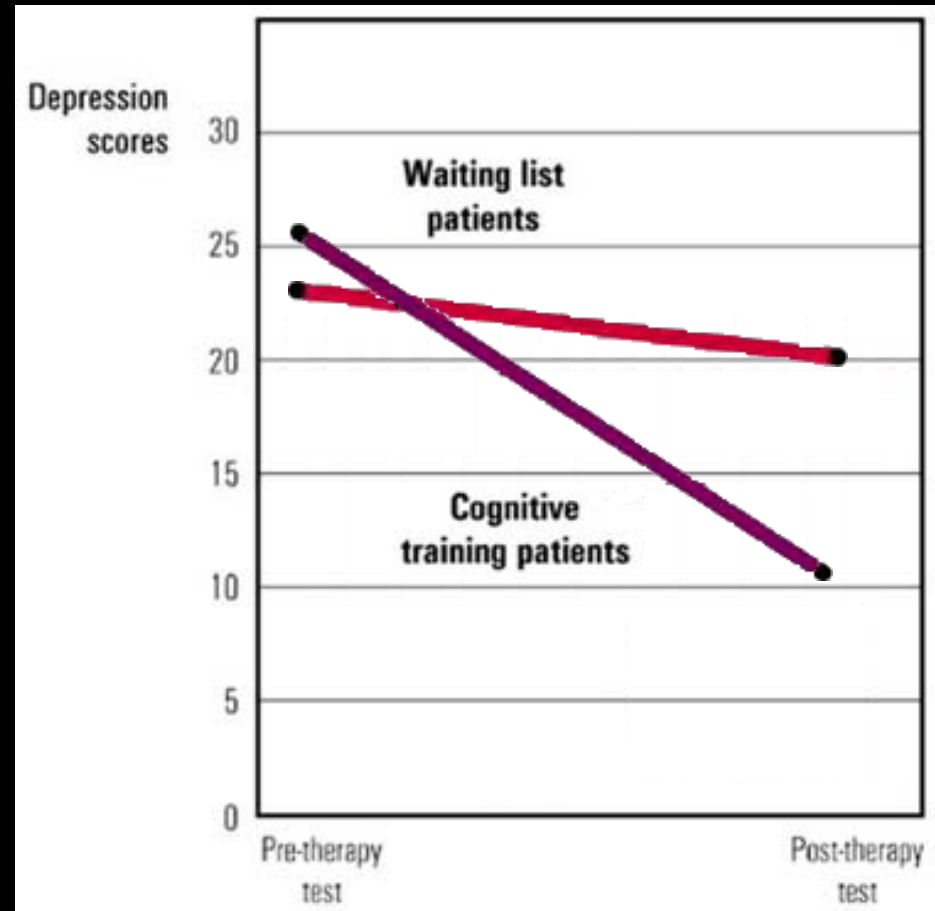


Need studies comparing no treatment to treatment to evaluate efficacy

Does therapy work?

⌘ **Studies show that people in therapy**

Do better than no-treatment controls



General conclusions about therapy effectiveness

- ⌘ People in treatment do better than those not**
- ⌘ Each type of therapy as effective as the others**
- ⌘ Some types of therapy work better for specific problems**
 - ☒ cognitive-behavioral best for fear & anxiety**
 - ☒ humanistic best for self-esteem**
 - ☒ psychodynamic best for work/school achievement**
- ⌘ Some therapists are better than others**
 - ☒ warm, understanding, motivated**

Nonspecific factors in therapy effectiveness

⌘ **Nonspecific = unrelated to specific principles but critical to outcome**

⌘ **Support**

☐ **acceptance, empathy, encouragement, guidance**

⌘ **Hope**

☐ **sense of faith in therapy process**

☐ **placebo effect = improvement from belief, rather than actual effect**

Summary

⌘ Psychodynamic therapy

- ☒ unconscious motives
- ☒ free association, dream analysis, mistakes
- ☒ resistance, transference, insight
- ☒ best therapy for achievement problems

⌘ Humanistic therapy

- ☒ focus on inner potential of client
- ☒ Carl Rogers' client-centered therapy
- ☒ empathy, unconditional positive regard, genuineness
- ☒ best therapy for self-esteem issues

Summary

⌘ Cognitive therapy

- ☒ **maladaptive thinking causes mental problems**
- ☒ **Albert Ellis' rational-emotive therapy (ABC's)**
- ☒ **Aaron Beck's cognitive therapy for depression**

⌘ Behavior therapy

- ☒ **observable stimulus-response patterns**
- ☒ **thoughts are private behaviors**
- ☒ **phobias**
- ☒ **systematic desensitization, flooding, aversion**
- ☒ **therapist is very directive**

⌘ Cognitive-behavioral therapy best for anxiety

Summary

⌘ Group therapy

- ☐ each theory has own type of group therapy
- ☐ family & couple therapy
- ☐ family systems perspective
 - ☒ interaction of family members creates problems

⌘ Evaluating Psychotherapies

- ☐ being in therapy better than not
- ☐ each type of therapy is effective
- ☐ therapist attributes very important
- ☐ nonspecific factors also important
 - ☒ support
 - ☒ hope

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